



# East Park Regional Community Center

600 Woodland Street, Nashville, TN 37206 - 615-862-8448


<b>Fitness Classes</b> Aquatics <b>Senior Program</b> <b>Family Programs</b> (\$) – Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
	6:00am-7:00am Boot Camp(\$) w/Mike (Gym)	6:00am-2:30pm Adult Open Gym (Basketball)	6:00am-7:00am Boot Camp(\$) w/Mike (Gym)	6:30am-9:30am Adult Open Gym (Basketball)	6:00am-7:00am Boot Camp(\$) w/Mike (Gym)	9:00am-10:00am Zumba(\$) w/Lex (Dance Studio)
	9:30am-10:30am Lo Water Exercise	7:00am-8:00am Boot camp w/ Jessica(\$)  9:00am-10:00am Tai Chi w/James	9:30am-10:30am Lo Water Exercise	7:00am-8:00am Boot camp w/ Jessica(\$)	9:00am-12:00pm Adult Open Gym	8:00am-11:45am Adult Open Gym (Basketball) **Monday-Friday** 3:00PM-6:00pm After School Program(Ages 6-14) <b>Gymnasium Closed to Adults</b>
	**Monday-Friday** 3:00PM-6:00pm After School Program(Ages 6-14)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	**Monday-Friday** 3:00PM-6:00pm After School Program(Ages 6-14)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	9:30am-10:30 am Senior Fitness w/Mike	<b>Membership Fees:</b> Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50  10 Pass (Fitness Center) Adult \$20.00 Youth & Senior \$10.00  30 Day Pass (Fitness Center) Adult \$30.00 Youth & Senior \$20.00 Teens 13-17 Senior 62 and up  10 Pass Fit Card (Classes) \$40.00
	6:00pm-8:15pm Adult Open Gym (Basketball )	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)  6:30pm- 7:30pm Stepping w/ Jasmine (\$)	Adult basketball 6:00pm-7:00pm  7:00pm-8:15pm Adult Open Gym (Volleyball)	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)  6:30pm- 7:30pm Stepping w/ Jasmine(\$)	9:30am-10:30am Lo Water Exercise w/Jere	
<b>Winter 2021- Spring 2022 Program Schedule</b>  <b>Facilities Manager</b> Demarcus Doss  <b>Program Coordinator</b> Jazmin Barney  <b>Aquatics Coordinator</b> Jere Shoemake  <b>Recreation Leaders &amp; Lifeguards (*)</b> Jasmine Webb Robert Curry Latoyisha Rucker LaShaundra Rice Dorrae Helms *Luke Lewis Fred Johnson  <b>Class Instructors</b> East Park Staff Mike W. Lex Herdon Jessica M. Troy Logan Jasmine W.		6:00pm-7:00pm Water Exercise(\$) w/Jere )		6:00pm-7:00pm Water Exercise(\$) w/Jere	6:00pm-7:15pm Open Gym   @ <b>“East Park Community Center”</b> 	

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Facilities Manager: Demarcus Doss      Aquatics Coordinator: Jere Shoemake

The following activities are offered as a part of the aquatics program at East Park Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required.

Important Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>The pool is free of charge, except where a (\$) designates a fee.</b></p> <p><b>Pool capacity of 25 swimmers per life guard on deck.</b></p> <p><b>Senior Lo H<sup>2</sup>O Class is sometimes limited to the first 25 swimmers signed in for the class.</b></p> 	6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim	
	9:30am-10:30am Senior H <sup>2</sup> O Exercise	10:00am-11:00am Water Exercise	9:30am-10:30am Senior H <sup>2</sup> O Exercise	10:00am-11:00am Water Exercise	9:30am-10:30am Senior H <sup>2</sup> O Exercise w/Jere	9:00am-10:00am Water Exercise
	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	10:00am-11:30am Lap Swim
	2:00pm-4:00pm Open Swim	2:00pm-4:00pm East program/kids Swim	2:00pm-4:00pm Open Swim	2:00pm-4:00pm East program kids swim	4:00pm-5:00pm Metro swim	<p><b>*Swim Lessons Save Lives**</b></p> <p>*Group swim lessons are \$60.00 for 8 lessons</p> <p>For more information contact Jere Shoemake at (615)862-8448</p>
	5:00pm-7:00pm Lap Swim	5:00pm-6:00pm Swim Lessons		5:00pm-6:00pm Swim Lessons		
		6:00pm-7:00pm Water Workout(\$) w/Jere	5:00pm-7:00pm Lap Swim	6:00pm-7:00pm Water Workout(\$) w/Jere		

For accessibility inquiries, call 862-8400

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Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.